



THE FLYER

Salisbury University's student voice

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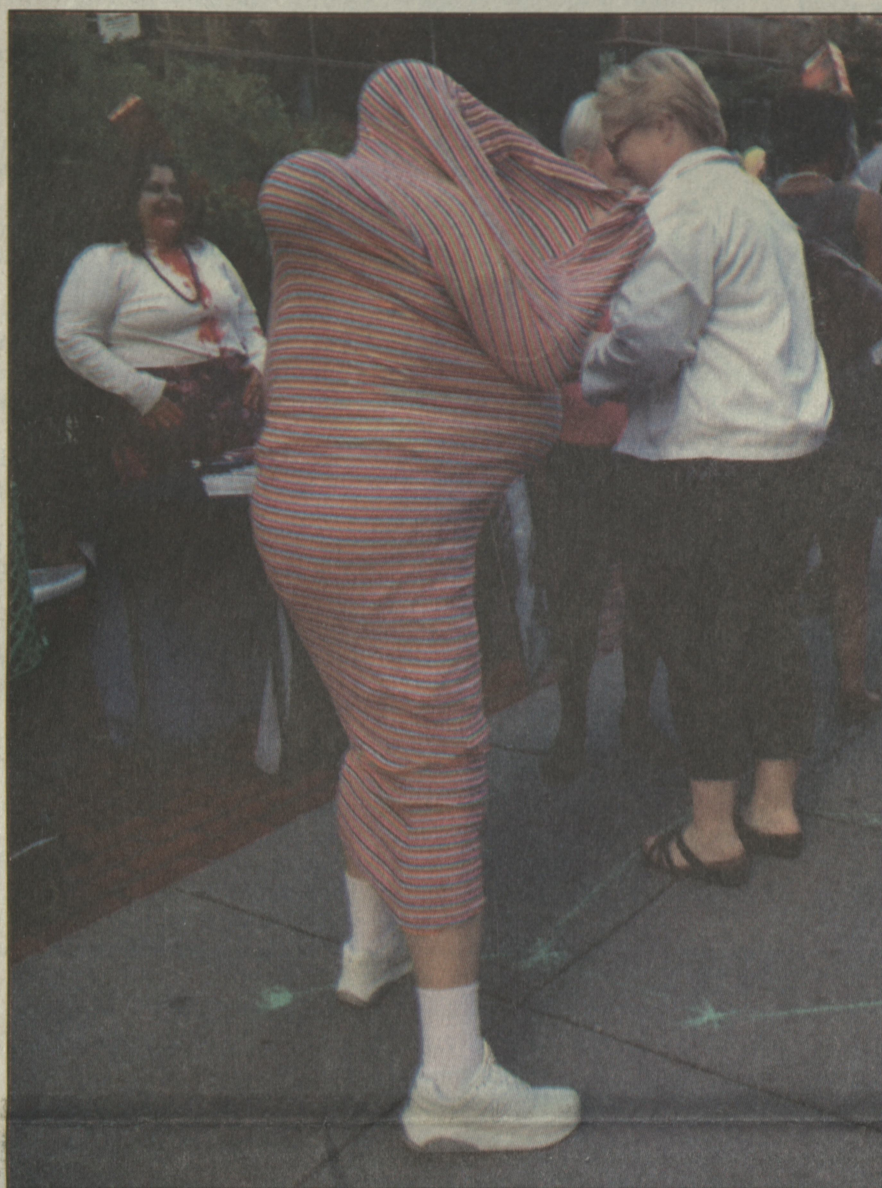
Tuesday September 23, 2014

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Motion Sculpture performers take Downtown



Shannon Wiley photos

Under the form-fitting suits, performers wore comfortable clothing so that they could move freely. Participants maneuvered through spectators, vendors and other performers.



Salisbury University photo

BY SHANNON WILEY

News Editor
@TheShannonWiley

Motion Sculpture workshop performers sponsored by Salisbury University Art Galleries put on a motion sculpture movement installation entitled "Attack of the Killer Stripey Tubes" at Downtown Salisbury's Arts & Entertainment District's monthly Third Friday celebration on Sept. 19.

Before the exhibition, those in the performance went to a workshop by audiovisual artist David Linton who created the movement style, assisted by interdisciplinary artist Claire Elizabeth Barratt, both of whom were hosted by SU.

Motion Sculpture is a style that involves practices similar to Tai Chi, yoga and Butoh Japanese dance theatre.

The performance put on at the festival consisted of participants doing an installation performance, in which they become a part of an environment for a set amount of time. In this case, it was during the fes-

tival from 5:30 p.m. to 8 p.m.

The entertainers walked around through the crowds of people, vendors and other performers showing off their moves.

"At first I was a little confused about what they were doing and why they were dressed like that," sophomore Jenny Rosa said. "I never fully figured it out, but I liked the different colors and styles of their body-suits. Eventually I went along with it and accepted them as part of the Third Friday festivities."

Performers were clad in long sweater-esque body suits that hid everything from the tops of their heads to their ankles and used their limbs along with other props to create different visual effects in their moves.

"They looked like a mix of a mummy and something you would see from an 80's horror movie," Rose said.

Students and civilians ages 18 and over were able to participate, and admission to the workshop and performance were free.

Students take a look at growing ISIS crisis in the Middle East

BY SHANNON WILEY

News Editor
@TheShannonWiley

As world leaders make plans on how to fight against the terrorist group the Islamic State of Iraq and Syria (ISIS), or Islamic State of Iraq and the Levant, Salisbury University students are reacting and speaking out about how they feel towards ISIS and how they believe the conflict in the Middle East should be dealt with.

"I am really fearful of the U.S. getting into another war," senior Ryan Russel said. "I think we have to set the standard for how to react to ISIS, but I am worried about us trying to police the world when we still have to figure out our own issues."

The organization, which was originally founded under the late Abu Musab al-Zarqawi in 1999 as Jamaat al-Tawhid wal-Jihad, began in Iraq. The group became a branch of al-

"This is also a battle for the hearts and minds. The impact of ISIS' presence goes well beyond Iraq and just issues of religious interpretation. It impacts broader economic, political, and social issues that exist across the modern Middle East."

- Joseph Venosa, History professor

Qaeda in 2004 and changed their name to al-Qaeda in Iraq (AQI).

In 2006, Majlis Shura al-Mujahedin (MSM) was created out of AQI which combined other Iraqi insurgent factions and in October 2006 an announcement was made that said from MSM, the Islamic State of Iraq (ISI) would be established. The group focused on governing and heavy criminal punishment in line with a narrow view of Sharia law.

Since its founding, ISI has expanded and after growing into Syria, became ISIS.

"We know that many people have fled or have been killed by ISIS authorities, but we also know that they have tried with some success to build public support for their cause in the areas they currently control through stabilizing economic activity, establishing security, and even providing financial support to communities and cities," assistant history professor Joseph Venosa said, who will be teaching a class on

Modern Middle Eastern history this coming spring. "This is also a battle for hearts and minds. The impact of ISIS' presence goes well beyond Iraq and just issues of religious interpretation. It impacts broader economic, political, and social issues that exist across the modern Middle East."

Although enthusiasm and support for the organization has remained substantial and garnered support from less recognized sheikhs, or Islamic leaders, other Islamic jihadist groups have moved away from ISIS and joined the opposition. Independent jihadist ideologues have renounced ISIS and in February al-Qaeda disaffiliated.

"ISIS is a deviant organization from the path of truth, [they are] aggressors against the Mujahidin (MSM), mentor to Zarqawi and independent jihadist scholar" Maqdisi said in an

See ISIS on Pg 2

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ISIS

Continued from PAGE 1

announcement.

Over the summer ISIS started attracting media attention. The Islamic militant group has claimed responsibility for the beheadings of American journalists James Foley and Steven Sotloff and British Aid Worker David Haines, as well as thousands of killings and exiles of Christians and other Iraqi and Syrian citizens.

On Sunday, the United Nations Refugee Agency said that at least 70,000 Syrians crossed into Turkey in the past 24 hours in order to escape the fighting.

World leaders are now planning to and have begun taking action in order to "degrade and ultimately destroy" ISIS, as President Barack Obama said in his Sept. 20 Weekly Address.

"I think ISIS could be a threat to the U.S. if we do not take them out now," senior Dan

Feeney said. "I think the Obama administration has been a little slow to recognize ISIS as a threat until after the beheadings."

Although United States intelligence has not yet discovered explicit ISIS plans against the U.S., the group has threatened the U.S. and its allies, so the Obama administration feels they must stop ISIS before they pose a bigger threat.

"One thing is certain, and that is that nothing is certain," Venosa said.

Last month Obama ordered airstrikes on ISIS in Iraq and Syria. U.S. ally France also began dropping airstrikes. A majority of democrats and republicans in congress approved a plan for U.S. troops to train Syria and opposition fighters.

"I won't commit our troops to fight another

ground war in Iraq or in Syria," Obama said in his Sept. 20 address, as well as in other addresses and press conferences. "It is more effective to use our capabilities to help partners on the ground secure their own countries' futures. We will use our air power, we will train and equip our partners, we will advise, and we will assist. And we'll lead a broad coalition of nations who have a stake in this fight."

"(The air strikes) is going to cause a whole other issue, but at the same time we have to take action," freshman Jessica Crumlich said.

"Whatever plan is ultimately approved, it will not likely end the circumstances from which groups like ISIS emerge in the first place," Venosa said. "Unless the cycle of grinding poverty, institutional breakdown, sectarianism, and foreign intervention that has destroyed

much of Iraq is stopped, ISIS and other similar organizations will continue to emerge from the instability."

Over 40 countries have offered to help in the fight against ISIS, according to Obama's Sept. 20 address, including training and equipment, humanitarian relief and flying combat operations. This includes 10 Arab nations that have committed to some military aid.

"We will do everything in our power to hunt down these murderers and ensure they face justice," Britain Prime Minister David Cameron said after the slaying of David Haines.

"We have all these problems at home, are we going to be able to solve our problems if we go to this?" senior Hal Erickson said. "I think it has to be a world effort."

BY ERIN TRAYLOR AND CHRIS KRAUSS

Layout Editor and Editorial Editor

Salisbury University kicked off the Writer's-on-the-Shore series Wednesday night with a Creative Writing Festival held at 6:30 p.m. in the Worcester Room above the Commons.

Approximately 129 people attended the reading, according to English professor John Nieves.

"It was the most I've seen," he said. "It was insane." The event, which coincided with the release of SU's literary magazine, The Scarab, showcased three student readers, followed by three faculty readers.

The student reading included fiction by senior Danielle Green, poetry by junior Melinda Ruth and prose by senior Kara Kinnamon.

Kinnamon said that reading in front of so many people was strange at first, because her piece was comprised of commands. "But after I started, I got into a rhythm and enjoyed my time up there," she said. "Hearing people's reactions and chucking was really nice. I would absolutely do it again."

The faculty reading featured poetry by Nieves, fiction by English professor Susan McCarty, and creative non-fiction by English professor John Wenke.

"I found that each professor did a wonderful job," Green said. "It was very well-rounded in terms of the different storytelling techniques that each professor had in their creative works."

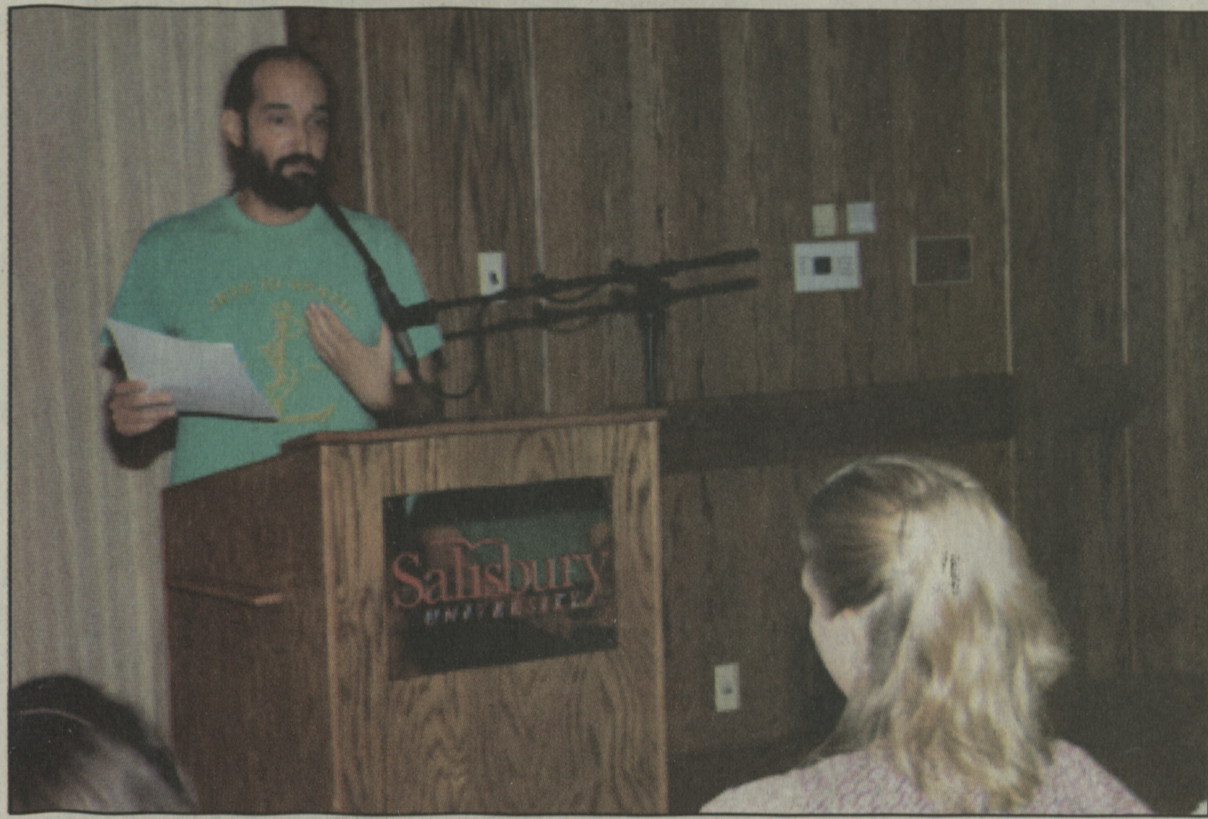
Nieves said he thought the event went well. "You got to see a big range of reading styles, without any of the two kind of archaic and sad reading styles that exist out there," he said. "We had no 'poetry voice,' which is good."

Soon, students may get another chance to showcase their creative writing.

According to Nieves, the English department is working on an exchange reading program just for students.

"(SU students) will read at another university and their students will come and read here," Nieves explained. "We're hoping, fingers crossed, that will be available starting this May. Anybody who wants a professional reading on their (curriculum vitae/resume) will be able to have a chance to get it."

Students and professors share their work at Creative Writing Festival



Kathy Pusey, of the Publications Office, photo

English professor John Nieves gives the audience some background information on one of his poems before reading it.

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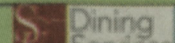
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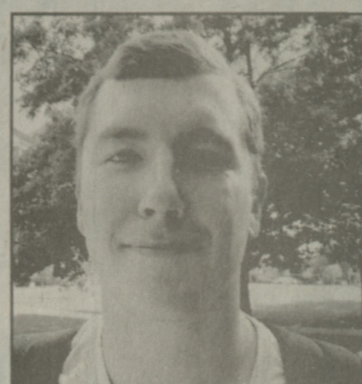
Overheard: How often do you attend SU sporting events?



"I'm on the rugby team, so those games are pretty much the only ones I go to." — Kevin McMullen, sophomore



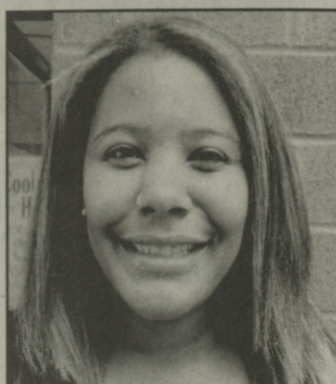
"I go to almost all of the games, at least all of the soccer games. I've also been trying to go to most of the football and volleyball games." — Brett Taylor, freshman



"I don't really go to any of the home sporting events." — Robert Hastings, junior



"I hardly ever go to home sporting events, I think I've only been to one football game so far." — Nicole Demme, sophomore



"Even though the weather hasn't been so great lately, I have been trying to make it a point to go to games." — Keonna Sims, sophomore

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The Flyer strives for accuracy and corrects its errors immediately. If you believe The Flyer has printed a factual error, please email us.

3rd Friday = Best Friday



BY CHRIS KRAUSS
Editorial Editor
@reigningpandas

Do the people make the city or does the city make the people?

Anyone who has ever visited or even spent five minutes in Salisbury

could get the gist of the city. Notoriously known for its crime rate and lack of community life, Salisbury is not the apple of anyone's eye. But as of late, it seems like Salisbury is trying to come back from its slightly negative repertoire and prove that it can still be a great place to live in.

The town has recently introduced a trolley that runs from the university to downtown, making multiple stops along the way, and it doesn't break the bank to use it.

Downtown has also started holding events like Ignite Salisbury, which allows locals and students to bring their ideas to the table in hopes of bringing new minds and new ideas out into the open.

Even more exciting than both of those, though, is 3rd Friday which has started to garner more attention, bringing more and more people together every month.

3rd Friday is hosted by The Salisbury Arts & Entertainment District Committee and is completely a vol-

unteer effort.

It is held, if it isn't obvious by the name, the third Friday of every month housing a new theme each time and has continuously grown over the course of its lifespan. Essentially 3rd Friday is the community coming together to share what interests them the most, bringing different shops and showcases with a wide variety of trades and skills.

It doesn't just house locals though, it also manages to allow students to participate as well, creating one of the few times that I feel like Salisbury and Salisbury University become synonymous.

This month had its fair share of interesting, weird and adorable occurrences at 3rd Friday. On the more educational side of things, NASA's Wallops Flight Facility, IJT & Associates and the Virginia Commercial Space Flight Authority attended, setting the mood for this month's theme of Space and Time.

Artist Claire Elizabeth Barratt and

audiovisual artist David Linton provided a slightly more than odd workshop called "Attack of the Stripy Tubes," in which they taught locals how to become human sculptures inside of form-fitting tubes of fabric. And for all the kids in attendance, and let's be honest adults too, some local members were dressed up as famous Disney characters.

Bringing together the community is exactly what needs to be done in Salisbury and 3rd Friday accomplishes this without any hesitations.

It gave me hope when I walked down Main Street of Downtown and I saw so many friendly faces of the community around me, creating a sense of awe as I realized that escaping off-campus into town doesn't necessarily have to feel dangerous or threatening.

It's this little spark of hope that will hopefully ignite a fire and create a community that I would be proud to call mine.

Apartment A-holes



BY BECKY MILLER
Staff Writer

Living in an apartment complex is an experience most young people will have at some point in their lives. They are less expensive than renting a house and are more reasonable when it comes to the amount of space a single person needs.

The problem with apartment style accommodations, though, is the extremely close quarters in which one is living. This style of living is best when attempted by people who are friends and can communicate well with each other.

Walls and ceilings may separate respective living quarters, but they are the exact opposite of sound-proof. Roommates can hear entire conversations with the doors shut. You better hope music tastes are similar because unless you like wearing headphones constantly, your roommates' country rock will bleed through the adjoined wall into your alternative style bedroom.

Generally, roommates can be contacted in a reasonable manner and everything can be worked out so that no one is upset for a long period of time. The tenants in the apartment above however, can be difficult to contact, evasive and quite rude. No matter how many times a note is left on a door in the

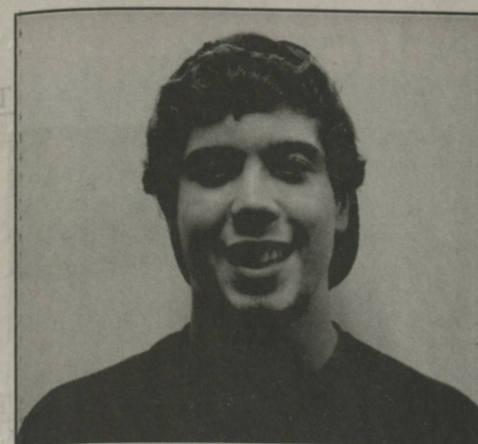
case of absentee apartment tenants or the people are actually contacted and evasive answers leave you confused and still a little angry, they can continue their behavior without daily encounters with angry roommates.

They can continue to sound like jumping circus elephants over the living room. This nuisance is inconsequential when compared to the incessant bed squeaking rhythmically occurring for about five minutes straight four times a day. One may suspect this sound to be sex, but the fact that whoever is "getting lucky" obviously cannot hold himself for enough time to pleasure his partner, is but a small comfort when it is occurring above one's head.

The simple annoyances of apartment life do not negate the pleasant surprises. For example, sometimes someone may purchase a new brand of popcorn thinking it will be yummy and end up hating it. If you happen to be living in close proximity to this person, you may just find yourself the new owner of a bag of buffalo cheddar popcorn and actually enjoy the taste. Also many people walking down the hallway may hear a popular song playing and decide to sing along, creating a unique bonding experience like no other.

Apartment living can be a pain and some of the tenants around you may be jerks but small moments of camaraderie make life in tight quarters bearable, at least for the time being.

How effective is Saferide?



BY KOBI AZOULAY
Staff Writer

Students going to parties in college is unavoidable. That is not to say that everyone in college goes to parties; in fact there are many that don't. However, for the subsection of students that do, making safe choices is something that should be high up on the list of priorities.

"My friend and I went to a party and we decided to leave because we had a bad feeling. I told Saferide it was just us two girls and they came 20 minutes later."

- freshman, Jessica Rij

Throw alcohol into the equation and even the safest students could find themselves doing something they would've never imagined; getting in the car with a drunk driver or even worse, driving drunk themselves.

Luckily, there is a service here at Salisbury University that takes this major decision out of the picture for many students. Saferide, a student-run transportation service that operates Thursday through Saturday nights, will pick up students around campus within a three mile radius. They directly state their purpose on their website saying, "Saferide works to promote safe travel for SU students and to eliminate tragedy that can often be associated with seeking unsafe means of getting home."

Students that I have talked to believe that Saferide's service is necessary.

"Saferide is a very good concept overall. I think it's great because students should know

that drunk driving or walking back from somewhere at night shouldn't be a viable option," freshman Veahna Gardineer said.

Freshman Jessica Rij had a very positive experience with Saferide.

"My friend and I went to a party and we decided to leave because we had a bad feeling. I told Saferide it was just us two girls and they came 20 minutes later."

Despite the great mission, there are negative reviews that many students have regarding the service.

"A couple of friends and I had gone out and we called Saferide to take us home. They took almost two and a half hours to find us and get us," said Gardineer.

"The only negative thing about Saferide is that it takes a long time. Saferide needs to find a better way to get there faster or people will leave and that will waste more time," said Rij.

President Tyler Jenkins responded to criticism on behalf of the Executive Board saying, "In the beginning of the semester we tend to be a bit more busy than normal. However, in most of these cases I think what happens is the students actually end up missing the van, or not seeing it come to their location. To address this issue we try our best encourage students to wait outside and wait an ample amount of time before moving on to the next call."

Besides complaints regarding wait times, many people I've talked to also complain that the vans don't wait long enough when they arrive to pick students up.

"If we waited for those people who take five minutes to come out of the house that is five minutes everyone else down the line has to wait which, in theory, would cause more delays overall," Jenkins said.

I understand that they are busy and they have to make sure they get to everyone that needs them, but quality is just as important as quantity. If they don't wait long enough for students, it could end up coercing them into making a bad decision, which is exactly what Saferide was created in order to prevent.

Just this year Saferide added a fifth van to their service, a huge step in the right direction, but complaints like this still persist. In my opinion, Saferide is still in desperate need of more vans. It might be hard to find the money needed to make these additions, but it would definitely be in the University's best interest to increase Saferide's budget in order to help a great cause successfully achieve its mission.

Local vs. college kids



BY JAMIE POTTER
Staff Writer

It was an ordinary Friday night. My friends and I had hit up a house party that unfortunately got busted. As kids poured out of the house we headed down Camden searching for news of our next destination.

As some groups went straight, our GPS had us take a turn down a street only to be confronted by a man around 45 years of age coming out of his nice big house.

"What is going on?" he asked frustrated.

We informed him what had just happened, apologized for the noise and decided to move away from his house. Confused on where to head next, we walked to the end of the street and sat on the curb making plans. Ten minutes later the same man approached us enraged, asking us what on earth we were doing, while he simultaneously flashed his light on and off to get the attention of a cop who had driven by.

We could not understand what he was angry at us for, what he could possibly be trying to get us in trouble for, and why locals cannot understand that in a college town college kids go to parties on the weekends.

He'd admitted he'd called the cops six times already, which most likely had been the cause of the party ending and still was not satisfied.

It is a constant war between locals and students in a college town. They have homes, jobs and possibly children. We have four years of our lives, the best years, we want to make the most of.

At many other schools there are blowout parties that take up entire blocks. Some schools even sponsor on campus parties. But in recent years at Salisbury, in order to make a better image for itself, the city has seemed to have

cracked down, inhibiting our ability to have the college experience we are looking for.

It may seem shallow and unimportant to some, but many students do choose their university for the social experience they will obtain as well as the academics, sports and other extracurricular activities.

There needs to be a mature mutual understanding of this between the students and the locals.

A loud house party on a Monday, Tuesday, Wednesday or Thursday is unacceptable because it causes disturbances to the locals and kids that need to wake up for work and school. However, on a weekend night it should be understood there will be some parties. The locations vary, so it is rare there will be a loud house party every single weekend on the same street.

The inability to compromise over this has created issues. In some neighborhoods they have asked that houses not be leased to college students. The neighborhood behind the school has had some issues with college students, even though it is the closest residential area to the campus and one of the safest places for students to live.

Should locals have the right to demand such superficial standards, when there are college students struggling to maintain school, work and the rest of their busy schedules?

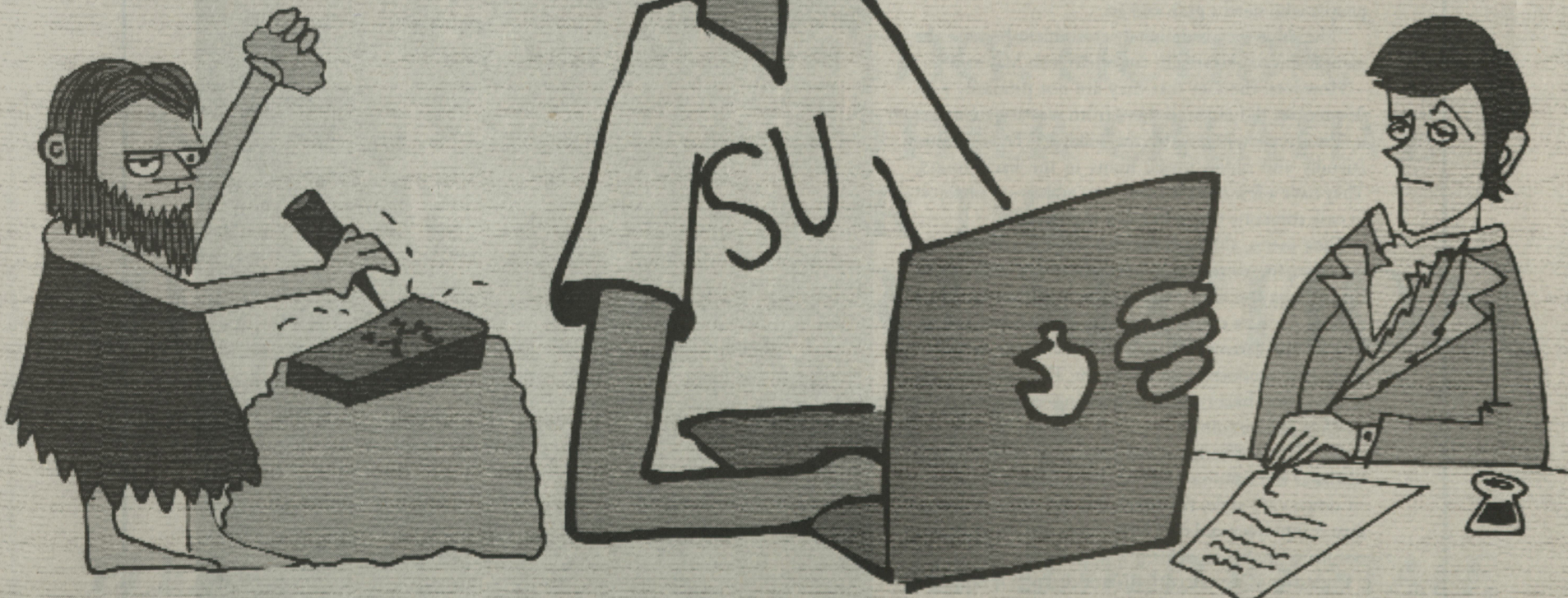
"Our landlord stopped by today saying the neighbors were complaining about us having people coming in and out of our house Friday even though it was the day we were moving into the place," Junior Jake O'Neill said. "We were told if we had more than three people visiting it would be considered a party and we could get evicted."

These issues are nothing new but it seems that this year they have escalated as the police have started cracking down more, searching for house parties and starting to arrest owners.

It is frustrating that in an area with high crime rates locals put an emphasis on controlling college kids who are studying to become working citizens and who actually help the community rather than focusing more on the drug problems caused by other locals.

My main point is this, if you live in a college town you should not be surprised by partying. If it bothers you, move away.

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Roaring Point: Nanticoke's hidden oasis



Savana McClure photo

BY JESSICA GOODELL
Staff Writer

About 20 miles south of Salisbury, right where the Nanticoke River meets the Chesapeake Bay, lies a little-known Wicomico County park called Roaring Point Waterfront Campground.

SU student Matt Anderson made the trip to Roaring Point with his friends in early September.

"It was incredible," he said. "I was looking on Google maps for an adventure. I saw it and thought it had potential."

Some activities that are available at the park are fishing, crabbing, and swimming as well as

park planned events. The website has a list of upcoming events which includes a DJ and Karaoke on Oct. 11 and Halloween weekend activities from Oct. 31-Nov. 2.

Roaring Point seems to be a lesser known treasure of the Eastern Shore that students who want to do something different or get away might enjoy.

Roaring Point also has a campground that ac-

commodates tents as well as recreational vehicles. The fees range from 20 to 50 dollars per day between the dates of April 1 and Nov. 16.

A short path through the 40-year-old park woods leads to a stretch of beach.

"The beach is about a quarter mile long on each side of the point," Anderson said. "The point is where the bay meets the river and it actually is roaring!"

Anderson said that the water was clean, warm and that he waded out about 100 feet before it came up to his waist.

Roaring Point seems to be a lesser known treasure of the Eastern Shore that students who want to do something different or get away might enjoy.

"I really suggest going there," Anderson said. "I think you would be really impressed. I can't believe no one knows about it. I will definitely be going back!"

Another hidden secret about Roaring Point is a bioluminescent phenomenon that occurs during the summer.

"My friends and I called Roaring Point 'Magic Sand' because at a certain time of the year, I think in late summer, there is bioluminescent bacteria everywhere," senior Erin Traylor said. "If you toss sand into the water, it's like sparks flying. It's amazing."

Roaring Point is open from dawn to dusk daily. More information can be found at roaringpoint.com.

Rise Up Coffee boasts organic roast



BY MEGAN NEWCOMER
Staff Writer

Starting the morning with coffee "grown by friends, enjoyed by friends" is unique in itself.

Salisbury's Rise Up Coffee is a small coffee roaster and retailer where everything is organic, roasted locally and is even run by a Salisbury alumnus, Tim Cureton.

The shop's philosophy is parallel to their slogan, "Keeping it artisan," and they credit their glory to the farmers who grew it.

Rise Up's coffee is strong, and they like to brag about it. Prominently hung in the store is the "Coffee Head" sign—of which praises great coffee. They definitely live up to what they preach.

Unlike mainstream coffee shops like Starbucks, Rise Up Coffee is primarily a drive-thru. They run their shop in a building that almost looks like an old gas station, but they use it to their advantage. Inside, they can fit about five standing people.

They make it clear with the enormous drive thru sign and little counter space that this shop is primarily for people who need a grab and go.

"The drive thru is definitely convenient because the place itself was so small," freshman Josh May said.

However, the fact that they are not primarily a sit down place did not stop them from creating a vintage, uplifting atmosphere inside the building. The people are friendly and oldies music hums in the background. They have a few outside seats—no tables—to sit at just in case someone wants to enjoy the weather.

Their menu, although not that large, is enough of a selection for someone to start their day, most items being along the lines of coffee or tea. They are most famous for their coffee smoothies, which come in original, mocha, caramel and white mocha flavors, as well as other fruit smoothies on the menu. They also manage to fit a tiny bakery in this building with treats like muffins and biscotti.

Rise Up Coffee has three locations: Easton, Saint Michaels and Salisbury. Of the three, Easton is the only sit down café style; the other two are primarily drive thru. Employees said customers come before work, but not many are SU students.

Understandably, the coffee is not cheap. It is not quite as expensive as Starbucks, but it is definitely close, although any place that is not free can seem too expensive for college students. However unlike Starbucks, it definitely will not be a hang out spot to study with your coffee.

For the people working at Rise Up Coffee, their organic coffee seems to be the most important aspect of their store.



Megan Newcomer photos

(Top) Rise Up Coffee has a retro gas station set-up with a drive-thru for on the go customers.

(Bottom) Despite its small nature its overabundance of coffee flavor makes up for it.

Salisbury Through the Eyes of a Scotsman

Adjusting to the American sports culture and digging into Maryland's favorite delicacy

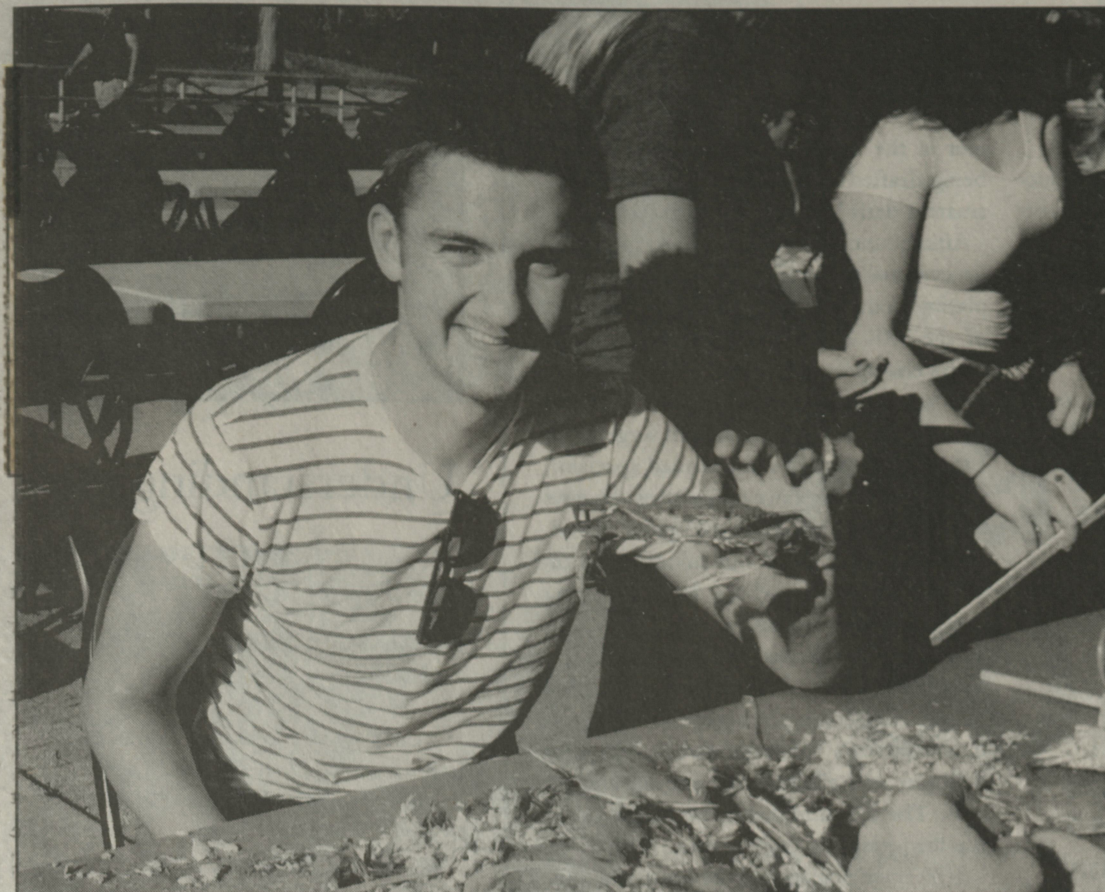


Photo submitted
Shields takes on a pile of crabs during last week's Crab Feast in Red Square.

BY DANIEL SHIELDS
Staff Writer

It has now been over a month since I arrived in Salisbury from Scotland. Five weeks have flown by and I'm enjoying getting a grip on the do's and don'ts of life in the U.S.

As a big sports fan I have been trying my best to get involved in the hype surrounding football (a very different kind of football from home) and baseball. From my experiences so far, I feel it's fair to say that the title of "America's pastime" may be moving steadily away from baseball and towards the hard hits and touchdowns of football and the National Football League.

Every time I turn on the television in my apartment I am hit with discussion, highlights or live coverage of something football-related across a number of channels. They say that soccer is like a religion in Scotland; I feel the same can be said for football in the United States.

To see college football broadcast across the country on a Saturday afternoon with tens of thousands of spectators in many stadiums around the country is mind-boggling. My home university is up there with the best in Britain when it comes to soccer, and you'd be lucky to find over a hundred people at the games on a Saturday.

My roommates are all Ravens fans so I have taken to watching the games with a bit of a vested interest in the score. I feel it is only polite, even if I am still coming to terms with the terminology and rules of the game.

Having also watched the first half of the Salisbury football game last weekend, I think I am getting the hang of it. Admittedly I am still a little confused when it comes to the names of all of the positions but with a few more games I am sure I will be talking fluent in "American football."

What is obvious is Americans certainly know how to watch sports. The recent Ravens game against the Steelers prompted what seemed like every other Salisbury student to dress in a Ravens shirt. I would love to get to an NFL game before I go home and to experience all the things that come with it, such as "tailgating" which looks like a lot of fun, aside from the sport itself.

Something else that I experienced for the first time recently was how to eat crabs like a Maryland local. I have eaten crab before, but never in the way it is done here.

I had envisioned being handed a plate of crab meat ready to eat. Instead what I received was a bucket-load of crabs which looked like they might as well have scuttled over and pinched me on the nose.

As an obvious newbie, I was given a crash course on how to make the most of the little guys. I soon struck into the shell and claws using the wooden hammer and plastic knife I was supplied with, trying to act as if I'd done this a thousand times before.

After drawing the attention of others sitting around us who asked where I was from (it was that obvious, apparently) and hopelessly attempting to keep Old Bay from getting on my shorts, I eventually bit the bullet and just got on with it.

I was told by my roommate I should aim to have at least six to get my money's worth and I think I did so, at a much slower pace than the two Marylanders I was with.

All in all, I am pleased to have tried the local delicacy and now feel a little more cultured in my temporary home. The limited amount of edible crab meat I managed to pry away from the numerous pieces of shell I accidentally chewed was very enjoyable, even if it was a lot of work with fairly little in the way of a return.

Student Health

Health food of the week:
Raspberries

BY MEGAN MAHEDY
Staff Writer

Raspberries

Calories per cup: 64

High in: Vitamin C, Manganese, Fiber, Copper, Vitamin A

Best to buy: Organic

Use: 1 to 2 days after purchase

These sweet treats may pack more punch than just their satisfying and sweet flavor. These beautiful berries are not only delicious, but they also provide many health benefits.

The cancer-fighting properties found in raspberries come from two chemical compounds, ellagic acid and vitamin C. These components may be helpful in the prevention of cancer by keeping free radicals from causing damage to cells.

The cancer-fighting properties found in raspberries come from two chemical compounds, ellagic acid and vitamin C. These components may be helpful in the prevention of cancer by keeping free radicals from causing damage to cells.

Due to free radicals aiding in the aging process, a diet consisting of raspberries may help in slowing the signs of aging in the body.

Raspberries may also aid in helping to maintain a healthy weight. They are rich in insoluble fiber that helps keep you fuller longer and may help curb cravings.

The carbohydrates in the fruit are slowly released which prevents sudden increase and decrease in blood sugar levels.

Raspberries may also help with building healthy blood vessels and connective tissue. The vitamin C that can be found in raspberries is necessary for the aid and growth of repairing cells in the body. Vitamin C helps repair cells of the skin, bones, ligaments and blood vessels.

Raspberries are very high in manganese, as well. One cup of raspberries contains 41 percent of your daily value of manganese based on a 2000-calorie diet. According to the University of Maryland Medical Center, manganese may offer the following health benefits: decreased premenstrual syndrome symptoms, improved bone health, decreased arthritis pain and protection from low-density lipoprotein cholesterol in diabetics. The Center also reported that 37 percent of Americans do not get the recommended dietary intake of manganese.

Raspberries are a great addition to a healthy diet and are a great way to incorporate the vitamins, minerals, and fiber needed for optimal health.

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Don't mess with the Brohawn

After winning titles in the majors and high school, new Head Coach, Troy Brohawn, looks to bring one to SU.

BY BRANDON WOODROFFE
Staff Writer

For the guys who played baseball growing up as a kid, making it to the major league and eventually being on a World Series championship team was only attainable in ones dreams, unless you were exceptional.

For Troy Brohawn, he was, and then some. 13 years after winning a World Series with the Arizona Diamondbacks, the Eastern Shore native and former major league pitcher has come full circle after being named as the new head coach of the Salisbury University's baseball team this past July.

"I'm definitely excited to be back," Brohawn said. "I coached here for a few years under Coach Fleetwood, and I enjoy the atmosphere that surrounds this place."

Before accepting the job with the Sea Gulls, Brohawn spent his time pitching for the semipro Perdue Chicks of the Eastern Shore Baseball League and was the head coach of his former high school team, Cambridge-South Dorchester, where his team won the 2013 MPSSAA 1A baseball championship.

That accomplishment, combined with 11 years of playing in the major and minor leagues of MLB, made Brohawn stand out among the rest of the candidates for the job opening at Salisbury.

"We had a large and talented applicant pool during our process of searching for a new coach," Athletic Director Michael Vienna said. "Coach Brohawn emerged from a very talented pool of baseball coaches and we're really excited to have him onboard."

Brohawn replaces longtime head coach Doug Fleetwood, who stepped down after 14 years with the team to fully concentrate with his other position at Salisbury, serving as the offensive coordinator for the Sea

Gulls' football team.

"Coach Fleetwood was an extremely successful coach for us and still is for our football team," Vienna said. "Coach Brohawn gained experience from Coach Fleetwood during his time here on Fleetwood's staff and that definitely was equated into our hiring process."

Brohawn was the pitching coach under Fleetwood from 2006-2009; the team had a 149-32 record during those three years.

"I told my guys, you made the World Series last year, you can either sit back and just say we're going to get there or you can work that much harder to exceed people's expectations."
- Troy Brohawn, baseball head coach

"When I retired from baseball in 2006, Coach Fleetwood asked me to come over, so I gained almost four years of experience here," Brohawn said. "So I know about the tradition and what it takes to win here at Salisbury and understand what the expectations are for myself and this team."

After graduating from Cambridge-South Dorchester, Brohawn attended the University of Nebraska where he was a First Team All-American, setting a school record at the time with 123 strikeouts in 111 and one-third innings, while also throwing 13 complete games during the 1993 season.

Brohawn would go on to have a 12-year ca-

reer in the minor and major leagues after being drafted in fourth round of the 1994 amateur draft by the San Francisco Giants.

After bouncing around minor league teams, he eventually got called up to the majors, playing from 2001-2003, where he was a part of the 2001 Arizona Diamondbacks World Series championship team.

"I was very fortunate that year," Brohawn said. "I just came back from arm surgery, but I made the team as a left handed specialist, which wasn't easy since majority of the guys that were there had at least 13 years' experience. But really all of our mindset was on winning, which I believe kept us going throughout that season."

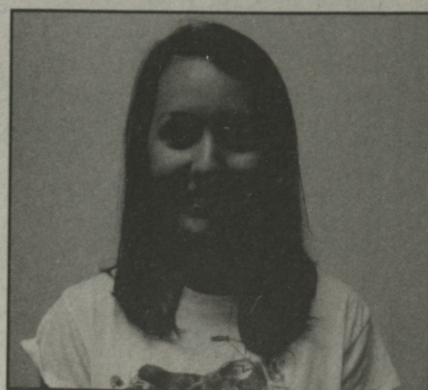
In the Diamondbacks' 4-3 World Series win over the Yankees in 2001, Brohawn closed out the ninth inning of a game six 15-2 win. In an inning's work he struck out Clay Bellinger and allowed just one hit and no runs. The Diamondbacks would go on to win the series in a thrilling game seven.

After bouncing around the majors and minors, making stops with the Giants and the Los Angeles Dodgers, Brohawn retired from baseball in 2006.

Now, with a new agenda set, he hopes to keep the winning ways of Sea Gulls' baseball on track. The Sea Gulls fell to the University of Southern Maine in the College World Series last season, and hope that with Brohawn's leadership they can continue the recent success that they had with Fleetwood and take the whole thing this time around.

"Ultimately, good pitching and defense wins and I'm going to put the best nine guys out there," Brohawn said. "I told my guys, you made the World Series last year, you can either sit back and just say we're going to get there or you can work that much harder to exceed people's expectations."

The Weekly Dig



Understanding the Libero

BY MEGAN NEWCOMER
Staff Writer

I can't tell you how many times that I have sat and watched a volleyball game and a fellow spectator taps me on the shoulder to ask,

"Why is that girl wearing a different color jersey?"

Allow me to explain.

The girl in the different colored jersey is called the libero. She is the defensive specialist and not only is she typically the best digger on the team, but by being a libero she gets to bend some of the substitution rules.

For those who do not know, each team is allowed twelve substitutions per set. Stereotypically, taller girls have a harder time digging the ball because it's easier if you are lower to the ground. Likewise, shorter girls have a harder time hitting the ball when they can't jump as high. So typically on a team a coach wants his back row to be shorter girls and front row to be taller girls.

Now every time the tall girls rotate to the back row, they would have to use one of their substitutes to switch. That could easily make a team run out of substitutions before the end of a set, but then there is the libero.

The libero does not count as a substitute. The libero can go back and forth as much as she wants, but she can never rotate to the front row.

The reason that her shirt is a different color is because score keepers need to know who is in the game at each play, so there is a libero tracker. To make it easy for the libero tracker to notice when she goes in, she wears a complimentary color to stand out from the rest of the team.

A normal crowd, I feel, does not understand how important it is to have an exceptional libero. A libero's main purpose is to put the ball up in the air to start the offense and she usually plays a big role in the defense.

Salisbury's Volleyball team has a great example of an outstanding libero; senior Michelle Meehan. During last week's game she dug 29 of the 75 attacks that came over the net. She doesn't just pass either, she runs down balls, pancakes, rolls and sets as a backup.

With every single hit, she covers her hitter in case they are blocked and the Sea Gulls are back on defense. Any time the opponent is about to hit, she lines up to the shoulder of the hitter, gets low and leans into the hit. Her passes are still, flat and perfect. Almost any ball that she returns, setters Alexi Howatt and Rachel Pierson manage a perfect set.

Next time you go to see the Sea Gulls' girls play, you don't have to question who or why a certain player is wearing a different color jersey - you know the Libero.

Womens rugby wins home opener

BY DIAMOND HOLTON
Staff Writer

Salisbury University's Women's Rugby Club opened their season with a win at home on Saturday, defeating University of Maryland-Baltimore County at the SU Intramural Fields.

It was a blowout game as the A-Side jumped out to a big lead early and let the less experienced B-Side finish the job, ending the game 41-24 in Salisbury's favor. Third year veteran Amber Rose led the way, scoring two tries in the first half.

"It was awesome and we were super prepared for this game," Rose said. "We had a better second half than first half, but overall just a great game."

The first try was scored by sophomore Mariah Hackett, as she sprinted downfield with possession, leaving UMBC in their tracks. Senior Marie Lockard ended the first half with a scoring try of her own.

Flyhalf Jessica Barnhart added extra points with conversion goals and two tries were scored in the second half by Joi

Smith and Dominique Alessio giving Salisbury a large 36-0 lead. Smith also added some hard tackles and big hits as she was key player on the defense that held UMBC to just 24 points.

The win for the ladies rugby team also marked the first win for Head Coach Brock Brooks. Brooks, an alumnus of the Salisbury Sharks' men's rugby team, started coaching the ladies squad just a few weeks ago and is already impressed with he saw-discipline and fun.

"I just want them to keep it up," Brooks said. "We have little things to fix for next game, but I told them don't play into the style of the game; play your game."

Salisbury goes on the road against Catholic University on Sept. 27 and the following week comes back home on Oct. 4 playing against George Washington University. That game will be their annual Play for a Cure Game, kicking off at 1 p.m.

Sea Gulls draw in extra time against William Patterson Pioneers

BY NICHOLAS DIMATTEO
Staff Writer

The Salisbury University men's soccer team recorded its second draw of the season in a battle against William Patterson University in a 0-0 final after two periods of extra time ended.

The No. 23 Sea Gulls (5-0-2) remain undefeated, but their offense struggled to get things moving in the first half as they managed only one shot to William Patterson's (3-3-1) seven. The Pioneers controlled the ball for most of the first half, keeping the Sea Gulls junior goalkeeper Drew Staedeli busy as he protected the clean sheet.

"I thought the game was a tale of two halves," Sea Gulls Head Coach Gerry DiBartolo said. "I thought the first half we seemed

to be half a step slow; most of the scoring chances were long range shots."

The second half showed more of a different story as the Salisbury offense was able to take nine shots, landing three of them on target, as they applied much more pressure on the Pioneers defense.

"They were pushing us high, so it caused a little bit of a gap between our midfielders and our forwards," DiBartolo said. "We made some adjustments at halftime in terms of how we wanted to situate people and they also switched up their defense which helped us a little bit in terms of what we were doing, so it gave us more of an opportunity to have possession and find our guys."

Senior forward Tanner East led the Sea Gulls' attack with two shots-on-goal, while Taylor Groginski, Benjamin Aryeetey, Den-

nis Runikera Jr., Kevin Miller and Michael Freney all fired shots to contribute to Salisbury's offensive attack as well.

"We fought hard and we overcame a lot of obstacles today; certain things didn't go our way but we just kept fighting."

- Drew Staedeli, junior goalkeeper

With time winding down in regulation Salisbury had one last chance to score.

Senior defender Kyle Westbrook made a

heads-up defensive play, sliding to tackle and to take the ball away from the Pioneers. Westbrook then quickly found Aryeetey streaking down the sideline for the go ahead goal, but, a slide tackle from a Pioneer defenseman, eliminated the final chance to score.

Thanks to the defense and Staedeli, who played an entire 110 minutes and recorded five saves, the Sea Gulls were able to hold the Pioneers to no goals as well, extending their unbeaten streak to seven games this season.

"We fought hard and we overcame a lot of obstacles today; certain things didn't go our way but we just kept fighting," Staedeli said. "From regulation and overtime we put our best foot forward and we gave it everything we had."



Play 60

BY RICKY POLLITT
Staff Writer

Students, athletes and former NFL players all gathered at Sea Gull Stadium on Sept. 15 for "Fuel Up to Play 60" and taught Wicomico County's youth why it is important to stay active and healthy.

Sea Gulls' Head Football Coach Sherman Wood and members of the Salisbury football team took time to show the students what "Play60" is all about.

"Play 60 is primarily about teaching kids good nutrition, and to be active each day doing something for 60 minutes," Wood said. "When you start something you want to finish it, and that's the main thing I'm going to be telling these kids today."

The day was filled with several sets of different football drills that Salisbury players practice every day. The team was in charge of teaching the younger students how to complete these tasks, and above all, how to stay active.

"Growing up I was doing Tai-kwon-do and always staying active, which helped prepare me better for football," Sea Gulls' senior wide receiver David Salmon said. "You have to work hard every day and you've got to start at a young age if you want to be fit for life."

While the morning drills were set up for the younger kids, the high school and middle school students were given more advanced training when their time came to take the field. The high schools even received a surprise visit from former NFL wide receivers, Qadry Ismail of the Ravens and former Washington Redskins' player, Robert Royal. Both ran several stations with all the students.

"I try to tell kids they need to figure out who they are as individuals, and then put your best foot forward, you can't rely on social media to do everything for you," Royal said. "Any time I can come out and support this group it is always amazing."

Ismail's thoughts were similar to some of Royal's, but really wanted to let the students know it was important to get away from new technology and just get outside for a bit every day.

"It's great to give back, young people can sometimes get distracted by all the technology out there, and they have to remember how important it is to get outside and move," said Ismail. "Staying active and having fun is the main thing for kids at this age, that's the message I wanted to stress today."

Despite not being in the classroom during the day, the students were able to walk away with some new knowledge and more ideas about how they can live their lives better and healthier.

"Staying healthy is awesome, it's obviously much better than being overweight," James M. Bennett high school junior Alexis Bloxom said. "You get to live longer and have more fun in life."



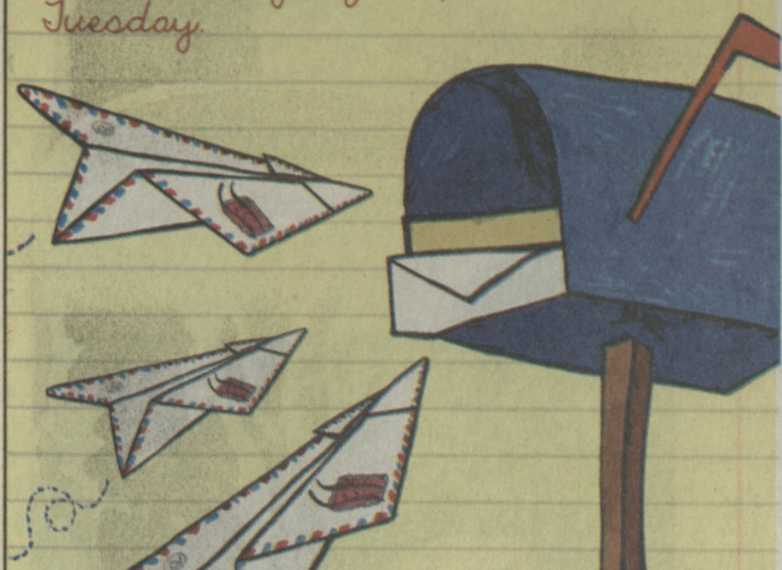
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